## ABSTRACT OF THE DISCLOSURE

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A method for the propagation of and aeroponic growing of plants comprises transplanting a living plant into a vessel of polymer foam having at least one cavity distal to the plant; applying water to the foam sufficient to saturate the foam, whereby roots of the plant extend into and grow within the cavity. A vessel (10, 35, 65) for the propagation of and aeroponic growing of plants comprises a foam core (15, 46, 66), defining an upper surface (12, 38, 68), a base (11, 39, 69) and a sidewall (18, 40, 70); a waterproof outer coating (14, 51, 80) at least partially covering the foam core; at least one first cavity (20, 45, 75) in the core, proximal to the base; at least one second cavity (45, 75) in the upper surface; a first passageway (23, 48, 76) extending through the foam core communicating between the first and second cavities; an external flange (41, 73) proximal to the upper surface; a peripheral trough (42, 72) between the upper surface and the external flange; at least one bore (49, 79) passing through the foam core, providing a communication between the trough and the first cavity whereby the addition of water to the trough will fill the first cavity at least partially and wet the foam core. In combination, a growing plant (13) and a vessel (10, 35, 65) for the propagation of and aeroponic growing thereof comprises a foam core, (15, 46, 66), defining an upper surface (12, 38, 68), a base (11, 39, 69) and a sidewall (18, 40, 70); a waterproof outer coating (14, 51, 80) at least partially covering the foam core; at least one first cavity (20, 45, 75) in the core, proximal to the base; a first passageway (23, 48, 76) extending through the foam core communicating between the upper surface and the first cavity; whereby the addition of water to the vessel will fill the first cavity at least partially and wet the foam core, propagating the growth of the plant, including the extension of the roots of the plant into the passageway and the first cavity.